

## Tips From Former Smokers - Brett

*[Announcer] This program is presented by the Centers for Disease Control and Prevention.*

[Brett] My name is Brett. If you smoke, you could get gum disease and need to get your teeth pulled, like I did. Here are some tips in case that happens to you.

If you're having one tooth pulled, your dentist will probably give you a shot in your gum for the pain.

Sometimes part of the tooth they're pulling breaks off. If that happens, they may have to cut away the gum and bone to get at the rest of the tooth.

Then, they remove it.

Of course, if smoking gives you gum disease, you might have to have 15 teeth pulled at once, like I did.

The pain that comes with that is just something you'll have to get used to.

[Announcer] You can quit. For free help, call 1-800-QUIT-NOW. A message from the U.S. Department of Health and Human Services and CDC.

*[Announcer] For the most accurate health information, visit [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO.*